Evaluation and Treatment of Degenerative Conditions of the Neuromusculoskeletal System (An Evidence Informed Approach)

DATES: July 19-20, 2014

INSTRUCTORS: David Hoyle, MA, PT, OCS, MTC

LOCATION: Kessler Rehabilitation
20 Valley Street
South Orange, NJ 07079

TARGET AUDIENCE: PT, OT, ATC, PTA, COTA

INSTRUCTIONAL LEVEL: Entry Level

TUITION: $395 Waived for full time employees of Select Medical's Outpatient Division

COURSE CAPACITY: 25

CONTACT HOURS: 12.75

ACCREDITING BODIES: Approved provider with NATBOC, AOTA & the NJBPTE

ENROLLMENT: http://selectedu.selectmedicalcorp.com/registration.aspx or contact emelton@selectmedical.com for an application form

Participants will receive notification by e-mail from the Department of Outpatient Education confirming their acceptance into the program 4-6 weeks prior to the course. If you do not received confirmation of your status please call 804-290-0107 or email emelton@selectmedical.com.

All participants are expected to attend the entire educational program. No partial continuing education credit can be extended. In the event that an individual who has been confirmed for a program fails to attend without giving prior notification, notification of their absence will be sent to their Market Manager.
Please be advised that the Department of Outpatient Education will not be able to reimburse the participant for any travel, lodging, or meal costs associated with attendance at the program.
**Course Description:**
This course explores the effects of aging and degeneration of the neuromusculoskeletal system. Identification of symptoms through history taking, signs of pathology and impairments through physical examination and the measurement of function through objective testing and subjective questionnaires will be used. Currently available evidence from the literature and participant experience will be used to develop a treatment plan for a variety of neuromusculoskeletal conditions associated with the aging process.

**Learning Objectives:**
At the conclusion of this course, the participant will be able to:
1. Have a general knowledge of the effects of aging on the cardiovascular and the musculoskeletal systems.
2. Understand how effects of aging can lead to decreased mobility and pathologic states of musculoskeletal tissues resulting in pain and loss of function.
3. Be able to differentiate between tendonitis and tendinopathy.
4. Be able to develop eccentric loading programs for the:
   - Elbow, Shoulder, Hip, Knee, Ankle
5. Be able to perform mobilization techniques for the:
   - Spine, Shoulder, Hip, Knee
6. Be able to fabricate temporary orthotics or use taping methods for:
   - Knee Medial Compartment Osteoarthritis, Posterior Tibialis Insufficiency, Plantarfascitis
7. Develop Home Management Programs for a variety of Diagnosis associated with degeneration of the neuromusculoskeletal system.

**Prerequisites:**
You are required to review the following presentations in SMVC before attending the course and to receive full credit. A link will be sent to each presentation in your confirmation email.

1. The Effects of Aging on the Human System
   a. Cardiovascular
   b. Musculotendinous
   c. Bone
2. Tendinopathy- Tendinitis vs. Tendinosis the Controversy
3. Normal Gait
Schedule:

Day 1
8:00    Registration: House Keeping, Introductions, and Course Objectives
8:30    Evaluation of the Lower Extremity: Self Report Measures, Impairment Measures, Foot Posture Index and Special Tests
10:00   Break
10:15   Heel Pain and Post Tib Tendinopathy
12:00   Lunch
1:00    Achilles Tendinopathy and Knee OA
3:00    BREAK
3:15    Hip OA: Lateral Hip Pain and Spinal Stenosis
5:00    Close

Day Two
8:00    Self Report Measures, Impairment Measures, Rotator Cuff Tears, Elbow Tendinopathy and CMC joint arthritis
10:30   Break
10:45   Group Presentations
12:00   Close

Program Accreditation:
The Select Medical Outpatient Clinical Education Department is approved or has applied for accreditation by the following organizations or licensing bodies to provide continuing education for this program. The program offers 12.75 contact hours for full attendance and completion of all course requirements. Accreditation by the providers below does not imply endorsement of the course content, specific products, or clinical procedures. Approval or endorsement by other organization or licensing bodies is the responsibility of the participant.

ADA Compliance:
The Select Medical Outpatient Clinical Education Department will take all reasonable measures to guarantee equal access to learning opportunities for attendees with disabilities. Educational programming will be sensitive to any sensory or physical impairment that requires special arrangements on behalf of the participant. Please indicate on your registration form if you should be contacted regarding any physical or mental impairment that would require special accommodation to ensure a satisfactory learning experience.